

# Tomatoes as functional food

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# Stellingen

Behorende bij het proefschrift

## Tomatoes as functional food

Door

**Merel Hazewindus**

Maastricht, 6 december 2012

1. De gezonde stoffen in tomatenketchup vormen een team dat goed op elkaar is ingespeeld (dit proefschrift).
2. Tomatenketchup vertraagd cel migratie (dit proefschrift).
3. Lycopen grijpt al vroeg in in het ontstekingsproces (dit proefschrift).
4. Gezien de hoeveelheid suiker is tomatenketchup te vergelijken met snoep (dit proefschrift).
5. Een magere hamburger gegrild in olijfolie met uitjes, tomaten en tomatenketchup is zo slecht nog niet.
6. De basis van mijn scheikundige kennis is gevormd toen ik met mijn handen in het haar zat.
7. Ik ben de uitzondering die de regel bevestigt.
8. Voeding heeft meer impact op de gezondheid dan geneesmiddelen.
9. Bepalend voor het slagen in de wetenschap is niet het hebben van hoge cijfers maar motivatie, doorzettingsvermogen en zelfkennis.
10. Net als bioactieve stoffen kunnen ook samenwerkende wetenschappers door synergie topprestaties leveren.